

# Abstract

**Title:** ReiKi as a Legal Doping in Sports

**Problem specification:** In professional sport performance is a variable, which influences almost everything. The sportsmen are aware of that and they feel under the pressure. That is why many of them use the illegal doping. But is it really the only way? We have already learned to train the corporeal part and later even the psychical part. Is not logical to pay the same attention to the spiritual part? Is it possible, that for example influence of a spiritual energy (ReiKi and familiar methods) could affect the sport performance?

**Objectives:** To proof or disprove a hypothesis about accepting the spiritual energy and its influence on sport performance and alternatively suggest particular application of this factor in sport practice. To offer an alternative way to accomplish better performance without using unhealthy drugs to sportsmen is the general objective of this work.

**Methods:** The work was solved in a form of studying the cases using some couples of monozygotic twins. The basic idea lay in placement one of the sibling to the program of regular ReiKi therapies. The twins did the same kind of sports, in which was observed their performance.

To get more complex point of view there were placed even regular sportsmen to the research. These sportsmen went repeatedly to the fake or real ReiKi therapies and they rated the influence of the therapies in a form of feedback or in a form of prepared questionnaires.

**Results:** By the gathered data ReiKi therapies do not have a direct influence on sport performance (in meaning of improving sport results). But they considerably influence a lot of training factors. They improve the sportsman concentration, motivation and craving for training. They also have a positive influence on psychic and they decrease the fatigue.

**Keywords:** ReiKi, spirituality and sport, sport performance, taking of energy, antidoping